

Low FODMAP Food Chart

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Low FODMAP	High FODMAP
Vegetables and Legumes	
Bamboo shoots	Garlic
Bean sprouts	Onions
Broccoli (3/4 cup)	Aparagus
Cabbage, common and red (3/4 cup)	Beans e.g. black, broad, kidney, lima, soya
Carrots	Cauliflower
Celery (less than 5cm stalk)	Cabbage, savoy
Chick peas (1/4 cup max)	Mange tout
Corn (1/2 cob max)	Mushrooms
Courgette / Zucchini (65g)	Peas
Cucumber	Scallions / spring onions (white part)
Eggplant (1 cup)	
Green beans	
Green pepper (1/2 cup)	
Kale	
Lettuce e.g. Butter, iceberg, rocket	
Parsnip	
Potato	
Pumpkin	
Red peppers	
Scallions / spring onions (green part)	
Squash	
Sweet potato (1/2 cup)	
Tomatoes (1 small)	
Turnip (1/2 turnip)	
Fruit	
Bananas, unripe (1 medium)	Apples
Blueberries (1/4 cup)	Apricot
Cantaloupe (3/4 cup)	Avocado
Cranberry	Bananas, ripe
Clementine	Blackberries
Grapes	Grapefruit
Melons e.g. Honeydew, Galia (1/2 cup)	Mango
Kiwifruit (2 small)	Peaches
Lemon	Pears
Orange	Plums
Pineapple	Raisins
Raspberry (30 berries)	Sultanas
Rhubarb	Watermelon
Strawberry	

Meat and Substitutes

Beef	Sausages (check ingredients)
Chicken	Processed meat (check ingredients)
Lamb	
Pork	
Quorn mince	
Cold cuts e.g. Ham and turkey breast	

Breads, Cereals, Grains and Pasta

Oats	Barley
Quinoa	Bran
Gluten free foods e.g. breads, pasta	Cous cous
Savory biscuits	Gnocchi
Buckwheat	Granola
Chips / crisps (plain)	Muesli
Cornflour	Muffins
Oatmeal (1/2 cup max)	Rye
Popcorn	Semolina
Pretzels	Spelt
Rice e.g. Basmati, brown, white	Wheat foods e.g. Bread, cereal, pasta
Tortilla chips	

Nuts and Seeds

Almonds (max of 10)	Cashews
Chestnuts	Pistachio
Hazelnuts	
Macademia nuts	
Peanuts	
Pecans (10 halves)	
Poppy seeds	
Pumpkin seeds	
Sesame seeds	
Sunflower seeds	
Walnuts	

Milk

Almond milk	Cow milk
Coconut milk (125ml)	Goat milk
Hemp milk (125ml)	Sheep's milk
Lactose free milk	Soy milk made with soy beans
Oat milk (30ml max)	
Rice milk	
Soya milk made with soy protein	

Dairy and Eggs

Butter	Buttermilk
Dark chocolate (5 squares)	Cream
Eggs	Custard
Milk chocolate (4 squares max)	Greek yoghurt
White chocolate (3 squares max)	Ice cream
	Sour cream (over 2tbsp)
	Yoghurt

Cheese

Brie	Cream cheese (over 2tbsp)
Camembert	Ricotta cheese
Cheddar	
Cottage cheese	
Feta	
Mozzarella	
Parmesan	
Swiss	

Condiments

Barbeque sauce (check ingredients)	Hommus dip
Chutney (1 tbsp max)	Jam (mixed berries)
Garlic infused oil	Pasta sauce (cream based)
Golden syrup (1 tsp)	Relish
Strawberry and raspberry jam / jelly	Tzatziki dip
Mayonnaise	
Mustard	
Soy sauce	
Tomato sauce	

Sweeteners

Aspartame	Agave
Acesulfame K	High Fructose Corn Syrup (HFCS)
Glucose	Honey
Saccharine	Inulin
Stevia	Isomalt
Sucralose	Maltitol
Sugar / sucrose	Mannitol
	Sorbitol
	Xylitol

Drinks

Beer (one max)	Apple juice
Coffee, black	Pear juice
Drinking chocolate powder	Mango juice
Herbal tea (weak)	Sodas with HFCS
Orange juice (125ml max)	Fennel tea
Peppermint tea	Herbal tea (strong)
Water	
Wine (one max)	